

Individual Incubator®:

A personalized program with a one day intensive and six months of ongoing support to help you create – and achieve – the future you want.

Most of us have attended group programs that offer a process or template for creating change. Some take a soft approach, and others offer task oriented methods for starting something new. Few include both, and none can be expected to work with all the nuances of individual situations.

Alternatively, **coaching** is a marvelous way to receive individual attention – and as a coach, I believe in it!

But sometimes, we need a mix: a structured approach to change, together with ongoing individual support and coaching.

And to make deeply-desired changes stick, it takes guidance from someone who cares – who knows how to help you create a realistic new path from the *seed of a new idea*; who:

- understands exactly what you're after
- helps map the plan and hold the vision
- cheers you on, and
- helps you through barriers you'll inevitably encounter.

I'm thrilled to offer "*The Individual Incubator: A Personalized Program to Create the Future You Want*"® for those seeking skillful support and a sustainable approach to creating a new business, an updated role in the world, or who just want CHANGE.



The Individual Incubator® Program is based on decades of research and experience.

Weaving together the wisdom of **Dr. Kelly McGonigal's research on change**, my **28 years of experience as a change consultant and personal mastery coach** to thousands of people worldwide, and **practices by my mentor and Conscious Business author Fred Kofman**, this program is designed to help you **identify and enact your deepest purpose**.



The Individual Incubator: Personalized Program to Create the Future You Want® includes:

- **1 pre-session coaching call** to identify your aims
- **Personalized pre-work**
- **1-day Incubator Session (6 hours of personal review, visioning, and planning)**
 - A review & visual capture on the wall of your want/don't wants, strengths, high/low points, accomplishments, and other discoveries pertinent to your aims
 - Charting your career history
 - Personal visioning: a supportive process to help you THINK BIG -THINK NEW
 - The wisdom of reflection: applying intuition and inner knowing to the process
 - Mapping your vision into realistic possibilities
 - Identifying 1-3 new paths naturally emerging from this process
 - Planning initial steps and timetables for your way forward
 - Support plan: my step-by-step support/accountability process for you after today
 - Review of **the four steps of successful implementation** (used in weekly check-ins)
 - Celebrate
- **Your Personal Program captured and sent to you:** Your aim, plan, steps & timetable
- **"10-day after" coaching call**
- **24 weekly accountability and support check-ins**
- **6 follow-up coaching calls (1/month)** to review and tweak your plan, check your progress, bust through barriers together, and be cheered on by me.

Here's what **Individual Incubator** clients have said:

"Sue successfully guided me in transforming my skills. Without her support and clear assessment of my greater value, I might never have made the leap to the corporate training arena.

Sue has an amazing capacity to cut through vagueness and hold people accountable.

She is impeccable, compassionate and supportive. I whole-heartedly recommend her!"

*- Sandra Zimmer, President, Self-Expression Center; Author **It's Your Time to Shine***

"The ideas you gave me about how to think about what kind of job I wanted, the setting, the style...helped so much! When this new job fell into place I could accept it because I had already gone through the thought processes. Thank you, Sue, for your wonderful, helpful support."- Sybil L, Texas



About Sue

Sue Brightman is passionate about helping people achieve their deeply-held desires. For 28 years, she has taught personal mastery skills to thousands of professionals on five continents as a global organizational development coach/consultant, and has worked with leaders and team in companies large and small including Royal Dutch Shell, Colorado University, Pulitzer Newspapers, Abbott Pharmaceuticals, Genesys Healthcare, General Motors, New York Life Insurance, Ingham Independent School District, and many not-for-profit organizations and boutique businesses. Sue was head coach at the inaugural Integral Incubators in Boulder, is a trained interfaith chaplain, and is certified by Deep Change Institute as a professional coach. She has been conducting strategic planning workshops for leadership teams and boards for over 20 years, and is thrilled to offer this new individualized program to her clients.

More **Individual Incubator** feedback:

“Sue provided me with a safe and well-structured process to guide me to some inner thoughts that were suppressed under the weight of working life. As a result of her masterful support, I was able to make two key decisions: 1) to disengage from a work partnership that was not bringing me the satisfaction and fulfilment I aspired to, and 2) to find a way to return to my first love, singing! – something I “put on hold” for 15 years. I am now actively involved in new work endeavours with new partners, and a fabulous chamber choir that is of a calibre that I find challenging and immensely fulfilling. I am deeply indebted to Sue for supporting me through that journey.”

- Fiona Henderson, Hanya Partners, London

“I was in tears when you read back my vision. It is exactly what I who I want to be and what I want to be doing. The structure you offered I really needed ... and your insight into my gifts and my personality were amazing. You have the gift of seeing possibilities that I couldn't see myself, Sue. And I'm doing it.”

- H. S.

Logistics & Fees

The **“Individual Incubator: Personal Program to Create the Future You Want”** is a 6-month program, conducted one-on-one with a customized full day session and 6 months of support via weekly check-ins and monthly coaching sessions. Fee \$7500, payable at start. (Travel and accommodations not included.) The program begins by phone followed by a 1-day session in Boulder, Colorado at our 4845 East Pearl Street office. *Courtyard Marriott* is conveniently located in the same complex, and Denver airport (DIA) provides regular shuttle service to Boulder. Follow-up coaching conducted by Skype or phone. Arrangements can be made for one-day session to be held at client's location subject to travel costs. Program also available for *couples*; please inquire for more information.

To talk with Sue about whether the **Individual Incubator** is right for you, please call 303.530.3458 or email Sue@brightmangloverint.com.